

COMPASSION FATIGUE:

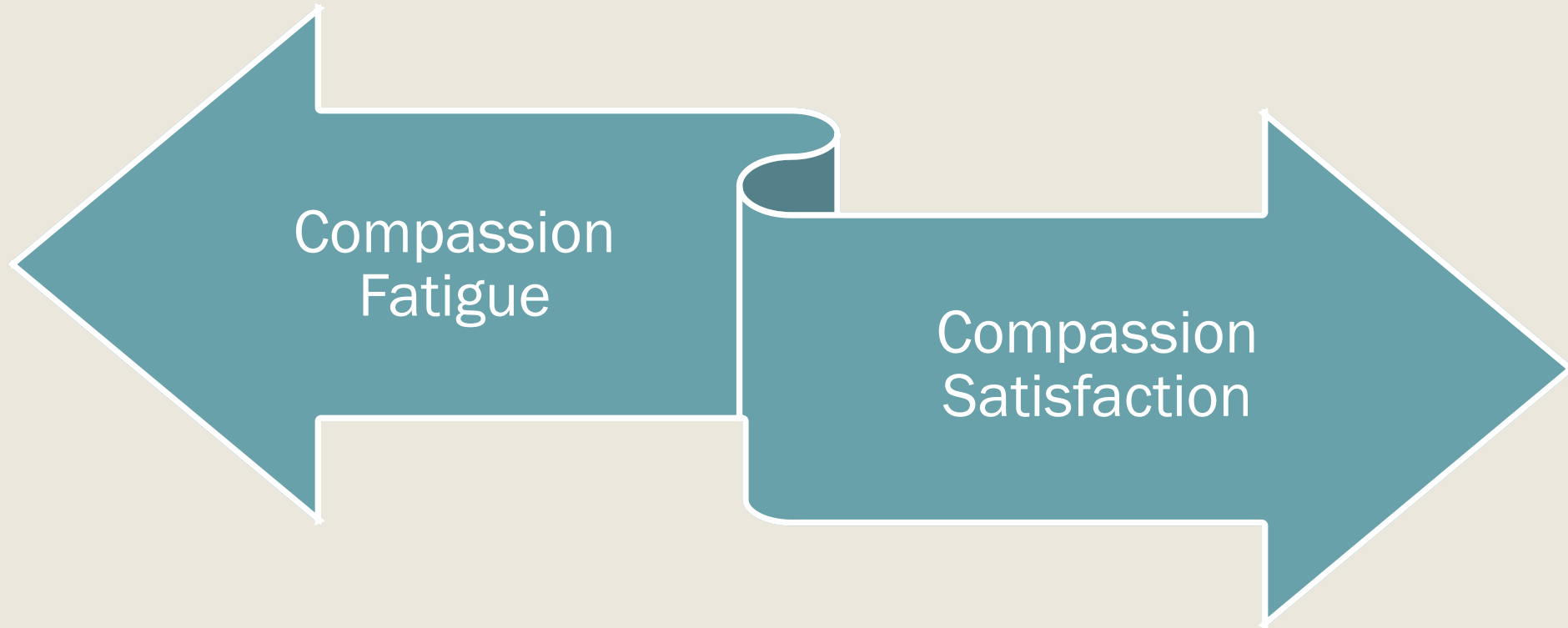
The Cost of Caring



Have you ever felt like this?



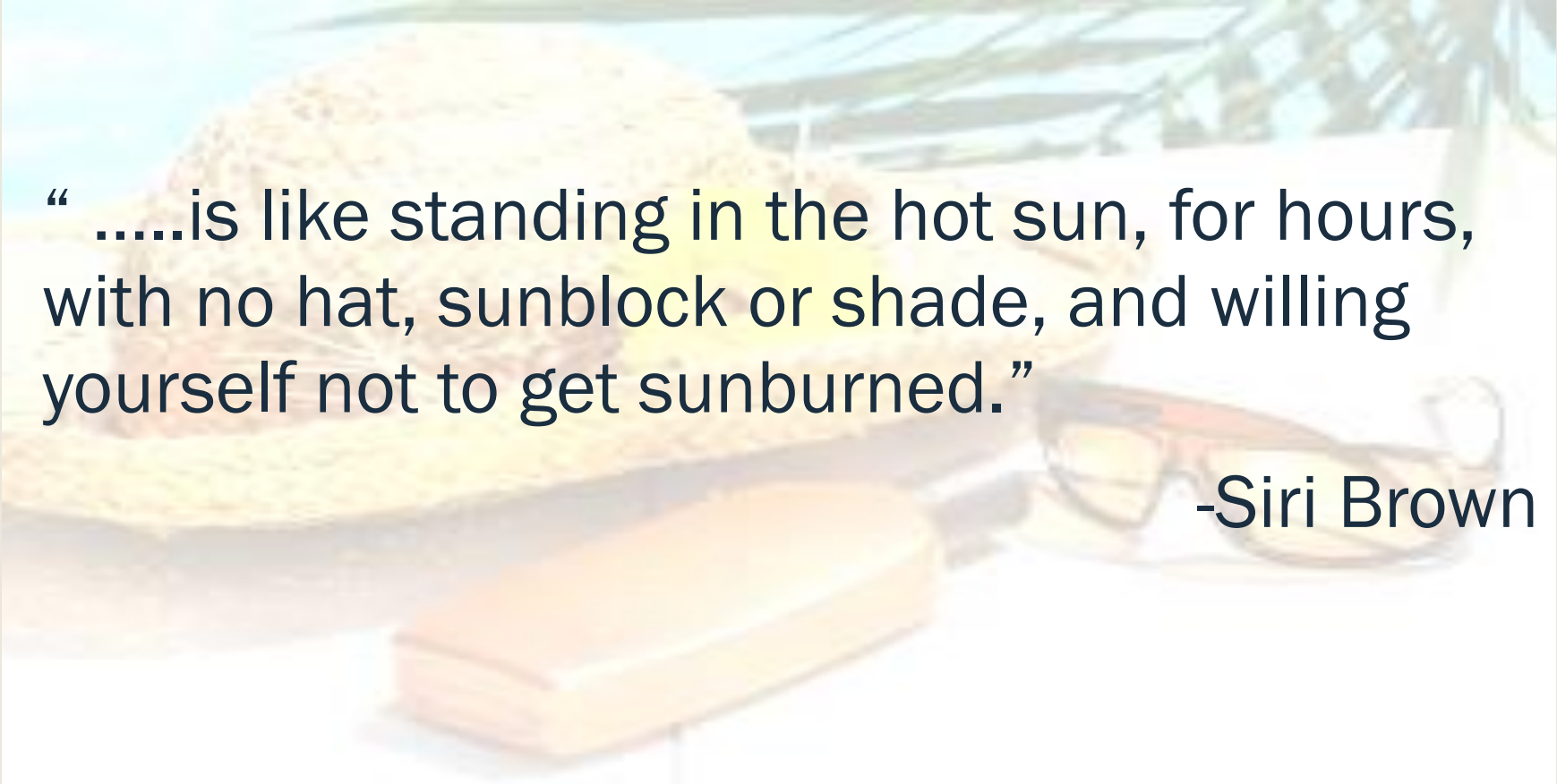
Tension exists between the fatigue and satisfaction of compassion



The reality is most work is a splash zone



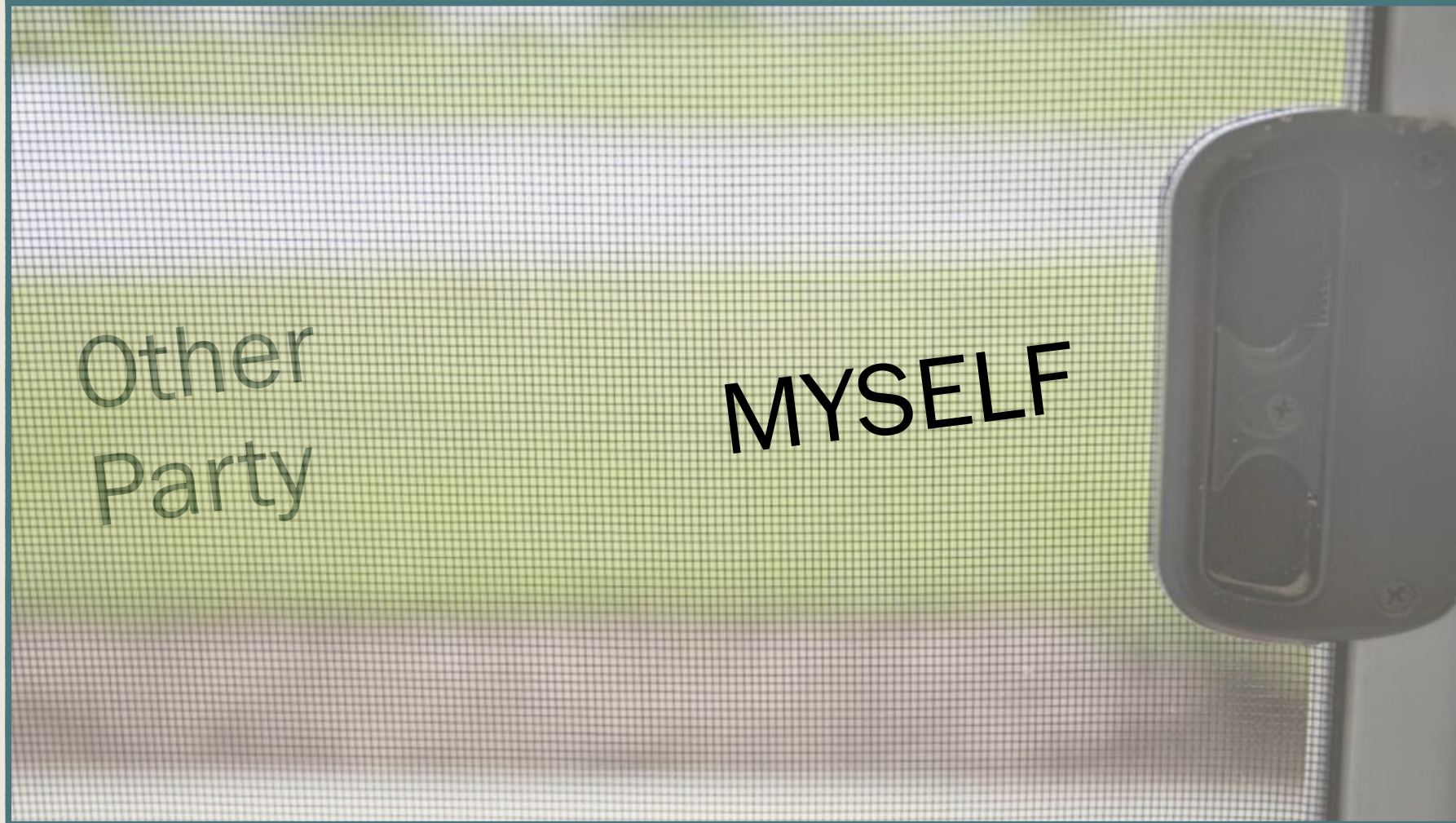
Compassion Fatigue



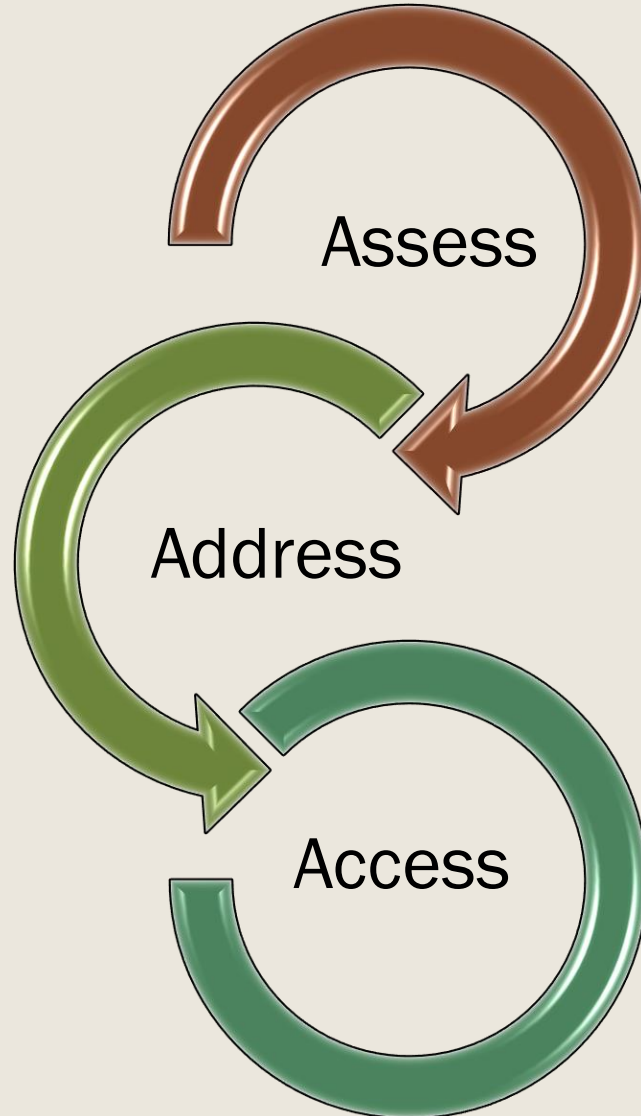
“is like standing in the hot sun, for hours, with no hat, sunblock or shade, and willing yourself not to get sunburned.”

-Siri Brown

The screen door approach allows you to be involved, but separated



Managing Compassion Fatigue

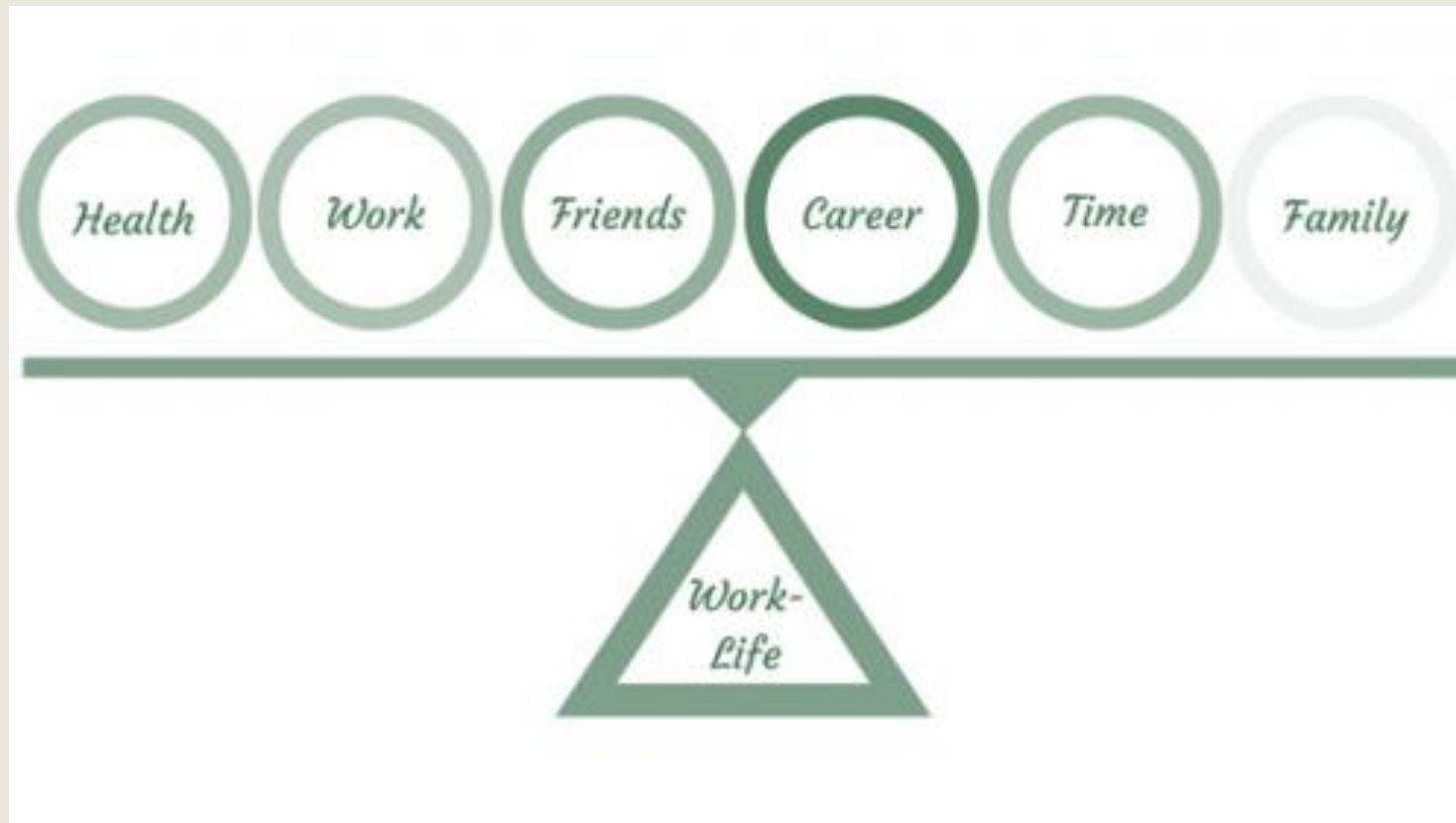


- www.proqol.org
- Know baseline
- Setting Boundaries
- Sleep
- Complaining/What are you looking for?
- Build resilience
- Elevate compassion satisfaction

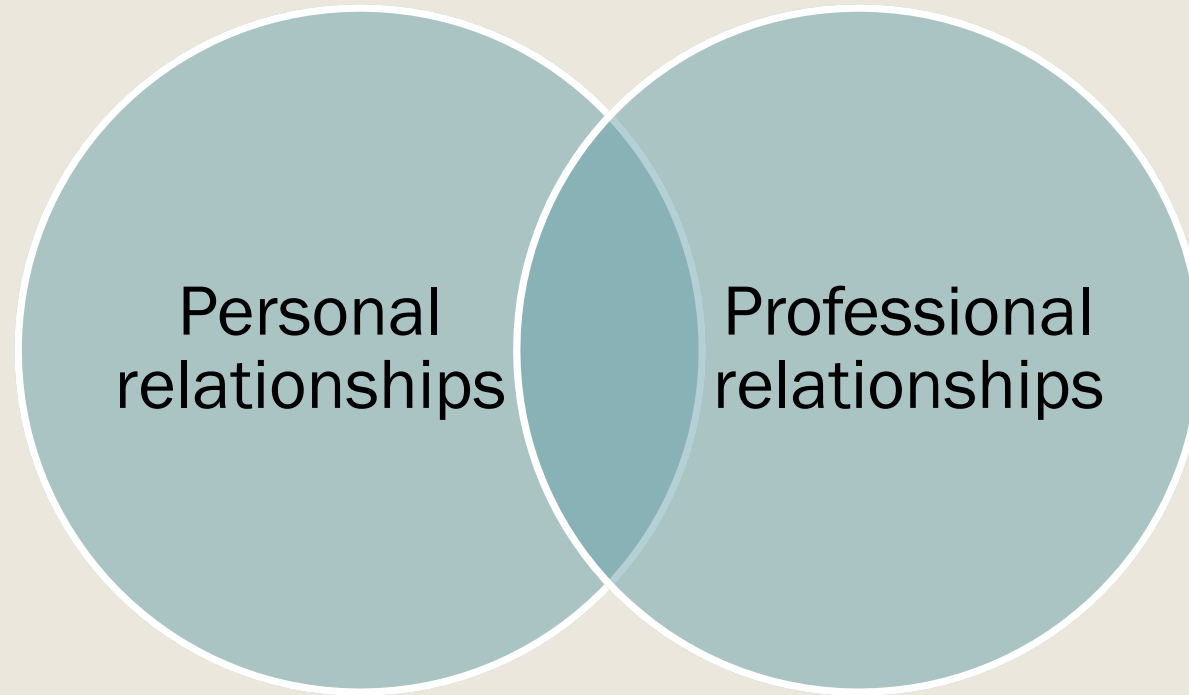
Filling your tank is the result of being intentional



Is it possible to balance work and life?



Do good fences make good neighbors?



Care for yourself as well as you care for your cell phone



CARING FOR YOURSELF IN THE FACE OF DIFFICULT WORK

- | | |
|------------------------------|-------------------------------|
| 1. Get enough sleep | 1. Focus on what you did well |
| 2. Get enough to eat | 2. Learn from your mistakes |
| 3. Vary the work that you do | 3. Share a private joke |
| 4. Do some light exercise | 4. Pray, meditate or relax |
| 5. Do something pleasurable | 5. Support a colleague |

For More Information see your supervisor or visit www.istss.org, www.proqol.org and www.compassionfatigue.org

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“....People, more than things, have to be restored, renewed, revived, reclaimed, and redeemed. Remember, if you ever need a helping hand, you will find one at the end of each of your arms. As you grow older, you will discover that you have two hands, one for helping yourself and the other for helping others.”

--Sam Levenson

